

Pride

JUNE 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 Pride Parade 10 AM No Activities Schedule (Antonia on Travel)	2 No Activities Schedule (Antonia on Leave)	3 Sobriety Camp Out 10:00 PM to 4:00 AM Senior Services Chair Volleyball Tournament get your team of 5 people per group, make sure you have 3 males on the court *** Everyone is welcome to participate*** CDC Grant Funded Prizes to win	4
5 Walking Club @ The Rodeo Circle 3 PM to 4 PM Talk about Acceptance presentation by Brook Foster and guest Cinema "Missing" 2 PM - 4 PM	6 Walking Club @ The Rodeo Circle 3 PM to 4 PM Chair Exercise 8:30 AM to 9 AM Healthcare Coverage and 5 Wishes with Rochelle Kennedy 11 AM to 1 PM	7 Walking Club @ The Rodeo Circle 3 PM to 4 PM Banner Alzheimer's Institute & Sun Health Research Walk with Me - bring music to connect & meet someone with memory loss @ 11:30 AM to 1:30 PM with Nicole Leary PTC with Breanna 2:00 PM - 3:30 PM	8 Chair Exercise 8:30 AM to 9 AM Walking Club @ The Rodeo Circle 3 PM to 4 PM Pride Color Run 5 PM	9 Walking Club @ The Rodeo Circle 3 PM to 4 PM AZ Youth Partnership Presentation "Grandchildren look out for your grandkids are on social media" 10:30 AM to 1:00 PM	10 	11
12 Cataract Awareness presentation by MD Patel 11:30 AM to 1 PM Cinema "You People" 2 PM - 4 PM	13 Chair Exercise 8:30 AM to 9 AM Migraine & Headache presentation by Loretta 11:30 AM to 1 PM Walking Club @ The Rodeo Circle 3 PM to 4 PM	14 Father's Day Party 11:30 AM to 12:30 PM Walking Club @ The Rodeo Circle 3 PM to 4 PM Alzheimer's & Dementia Support Group @ 5:15 PM with Barbara	15 Chair Exercise 8:30 AM to 9 AM Beaded Pouch Making with Antonia & Breanna 2:00 PM to 4:00 PM	16 CANCELLED Chair Exercise 8:30 AM to 9 AM Everyone is encouraged to attend the Hualapai Community Meeting at 8:30 AM at the GYM	17 	18 HAPPY Father's Day
19 Holiday Center is Closed in observance of Juneteenth 	20 Chair Exercise 8:30 AM to 9 AM Walking Club @ The Rodeo Circle 9:30 AM to 10 AM Beaded Pouch Making with Antonia & Breanna 2:00 PM to 4:00 PM	21 Walking Club @ The Rodeo Circle 9:30 AM to 10 AM Healthcare Coverage and 5 Wishes with Rochelle Kennedy 11 AM to 1 PM	22 Walking Club @ The Rodeo Circle 9:30 AM to 10 AM Chair Exercise 8:30 AM to 9 AM Beaded Pouch Making with Antonia & Breanna 2:00 PM to 4:00 PM	23 	24 	
26 Cinema "The Mother" 2 PM - 4 PM Chair Volleyball 5:00 PM to 7:00 PM	27 Chair Exercise 8:30 AM to 9 AM Chair Volleyball 5:00 PM to 7:00 PM	28 Chair Exercise 8:30 AM to 9 AM Chair Volleyball 5:00 PM to 7:00 PM	29 Breakfast No Lunch Center Closed from 10 am for CPR/First Aid Training	30 Yard Sale everyone is welcome to set up and sale 7 AM to 1 PM Pride Drag Show 7 PM		

Join Our Message Group
 Get up-to-date information on Senior Center activities, menu changes, delayed deliveries by joining our text message group. If you would like to receive messages talk with a Center staff member to join TODAY.
 To sign up contact the Caregiver Support Services Coordinator.

Educational Material
 Attendees of the Chair Exercise or Walking Club who complete all activities may receive educational material (will be 3 Nike Tees and 3 Nike sweat pants/yoga pants/ or Shorts). Attendees must attend each activity, sign-in to receive educational material for attendance.
 *There is no guarantee to receive educational materials, but you may receive credit for classes attended at a rate of smaller education material per class attended.
 If you would like more information contact Antonia.

There will be a big trip in September, this will be a 4 day trip. In order to qualify you have to participate in all upcoming events